

Young researchers under stress

European Association of Agricultural Economics (eaae)

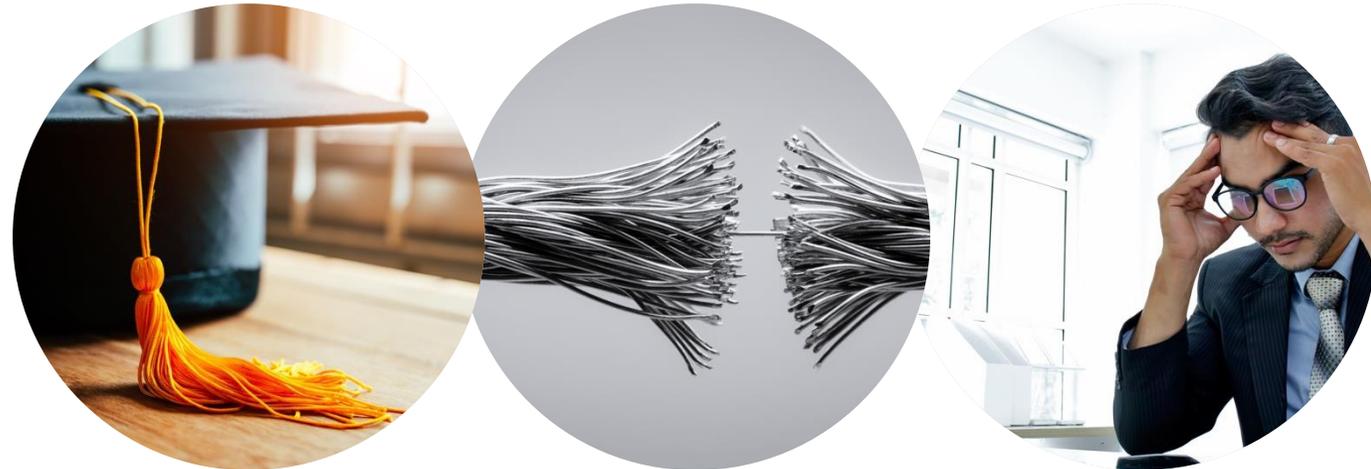
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Stress related issues faced by PhDs: & how to cope with it



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Today's session

- *What is stress?*
- *PhDs in stress: why?*
- *Actions?*



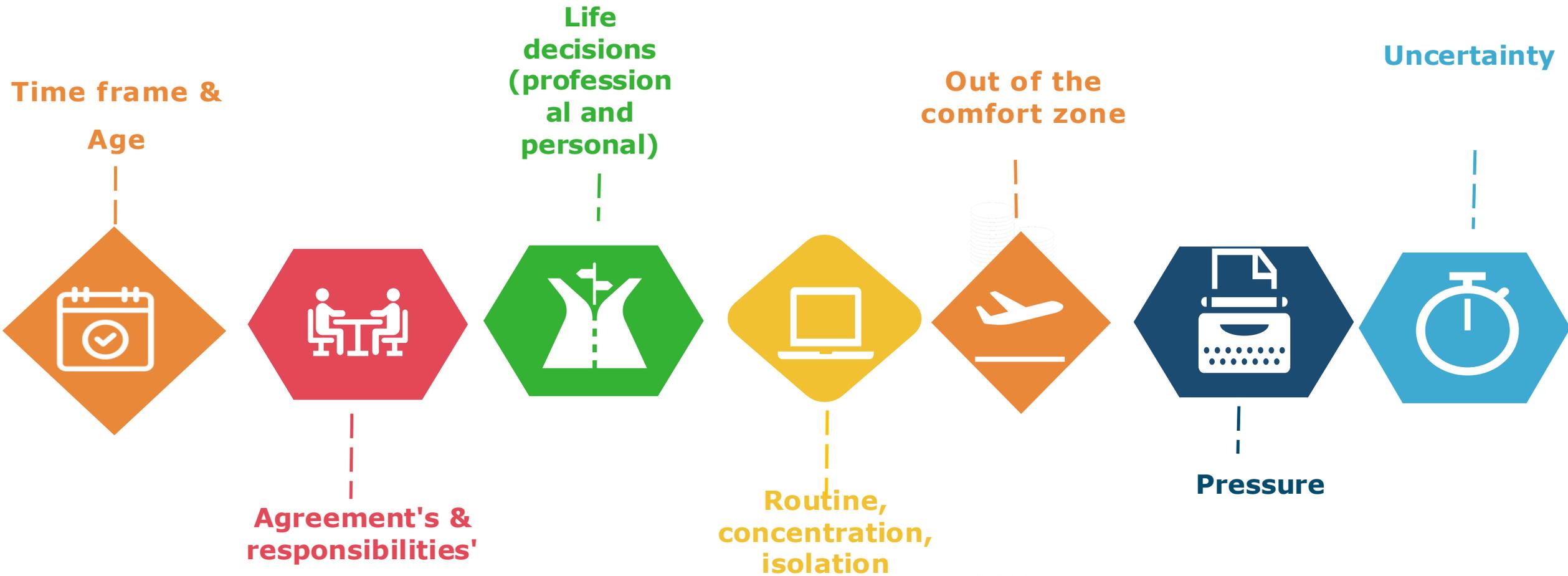
What is Stress?

“Stress, biologically speaking, is the body’s response to perceived demands or threats.

It’s the system that helps us focus, react, and perform when something matters.”

“Psychologically, stress often comes from uncertainty, lack of control, and evaluation — **not just from working hard.**”

PhD stress



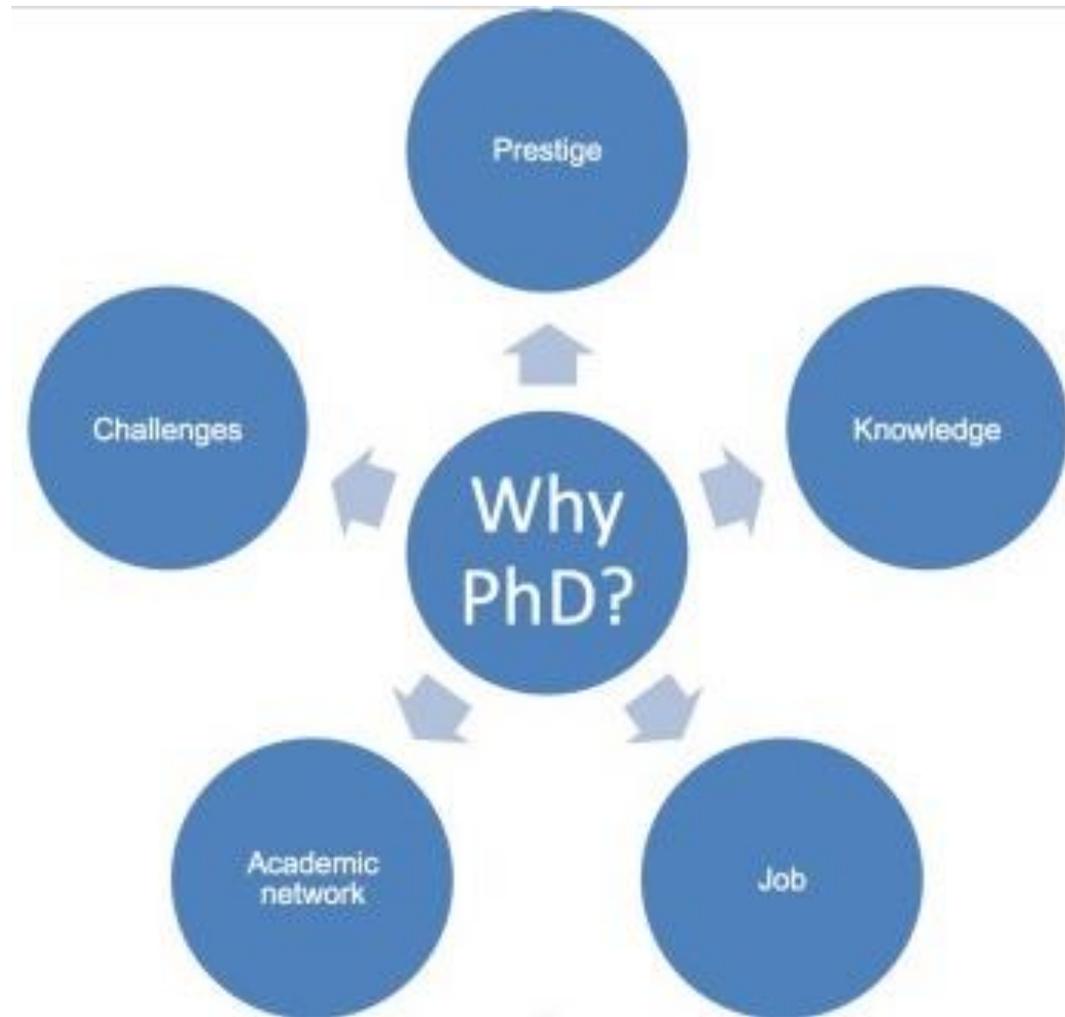
PhDs in stress: why?



- Structural causes (most important)
- Supervisory dynamics
- Internalized pressure

Doing a PhD: You are central

- Central:
 - **Your learning process**
 - **Your personal development**



Maslow's Pyramid of Needs / Happiness

A pyramid diagram with five horizontal layers of different colors. From top to bottom: blue, green, orange, red-orange, and red. Each layer contains a title and a list of associated needs.

Self-actualization

desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

Love and belonging

friendship, intimacy, family, sense of connection

Safety needs

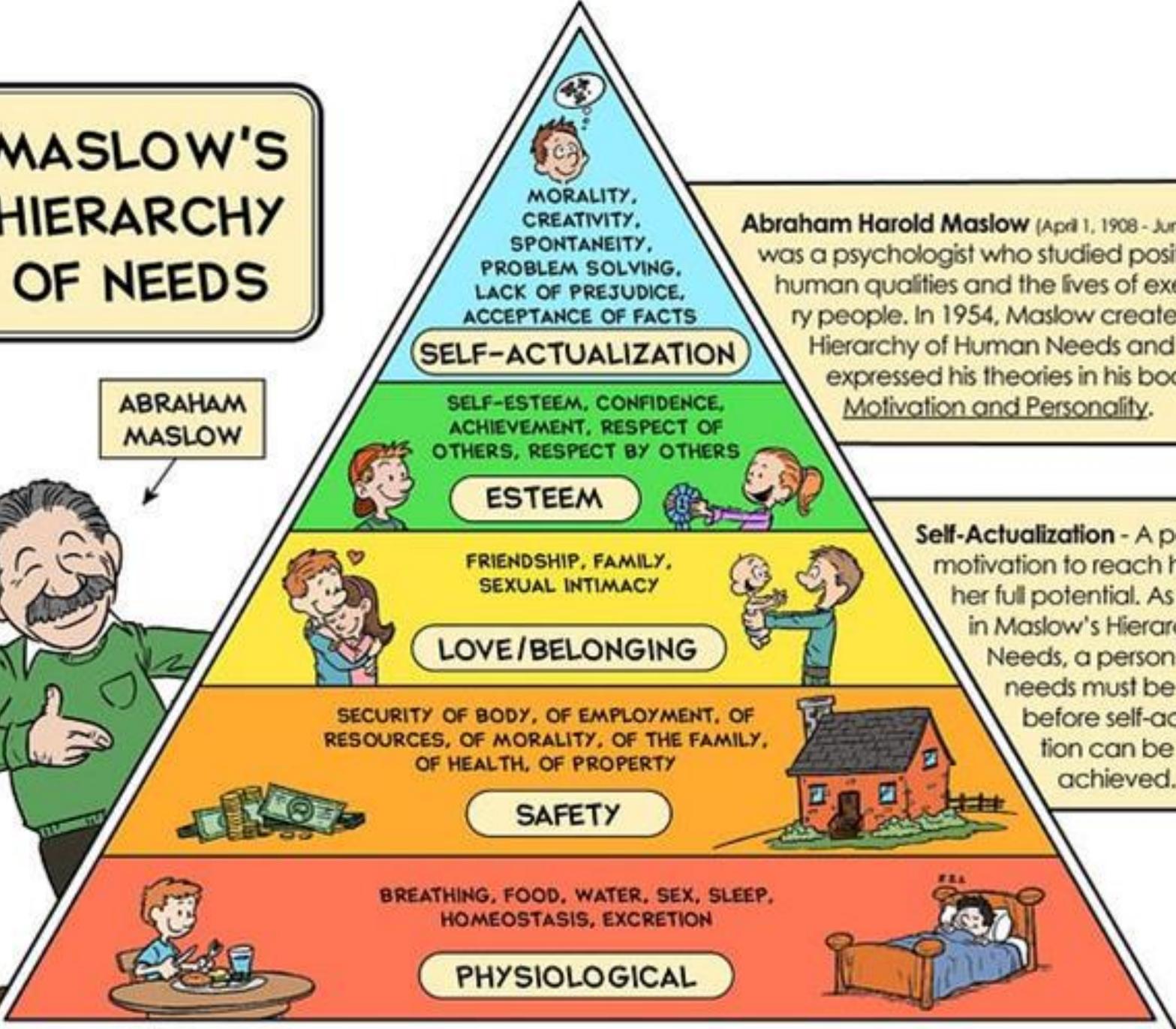
personal security, employment, resources, health, property

Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, Motivation and Personality.

Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.



The right mindset

What touched /struck you most?

- Challenges (embrace or avoid)
- Persistence
- Effort (am I willing to really go for it?)
- Feedback / criticism
- Success of others

Factors that determine the success of your PhD:

- Intrinsic motivation (What drives me?)
- Distinctive competences (What am I good at?)
- Character – self discovery (Who am I)?
- Enabling environment / External factors

Identify your challenges and tackle them

Happiness





What do to?

- *Regaining control*
- *Using structure instead of motivation*
- *Social buffering*
- *Calling time off!.*

Life Happens!

